

Joan Baumberger

Dr James Hepworth

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Some of the Things I Believe

If you can find a minute of silence, an hour to exercise, and a day with a friend; I believe that these are some of the things that are important for a rounded life.

I believe silence, quiet thought and being alone are becoming things of the past. The distractions that are all around have invaded the environment where we live. I pods, cell phones, moving billboards, gps navigators, blackberries, flat screen TV's in places unexpected, distract us from the true beauty around. The very thought of not being preoccupied is scary and unthinkable to some. When a person goes to bed with ear buds plugged in, a cell phone under the pillow so a text message wouldn't be missed, and the TV left turned on, a brain doesn't get a chance to rest. I to, live a life of distraction, or maybe a relentless rush to meet obligations with hardly any time to relax, pray, play, meditate, or exercise. The thought of free time is very exciting for me. I cherish silence. It is the one thing that I feel people are missing in their lives.

I believe that having two or three true friends is better than a lot of superficial relationships that mean nothing when times get tough. I have been blessed to having some true friends for a very long time. They are the ones that would donate a kidney. Granted, we all have our friends from high school, old jobs, new jobs, people from various groups that we are involved, but when the chips are down, the true friends are the ones that come around.

I believe that exercise is the simplest wonder drug. When I need a good dose of medicine, I simply take a step out the door and start running. It's free, and I can go as long or as short as I choose. The very act of just walking can do wonders for your attitude and your mid-section. I have found that a problem can get solved or doesn't seem as bad after a good long bike ride. Needless to say it also can be beneficial to the rest of your body. After I met my goal and lost a bunch of weight, I also found that I lost a lot of health problems. I sleep better, my blood pressure became normal, my knees, back and hips no longer hurt, and my all around health improved so much that my doctor has forgotten my name.

I believe I made the correct choice to quit my job and attend college. I'm scared of the future; yet know that my goal is up to me--not my husband, my siblings, my parents, or my children. The very act of change can yield great anxiety. Leaving the protection of a steady income had made some of my peers question my sanity, until they understood why I reached this decision. But without change, I would have become one of those people that had a good paying job, but couldn't wait to retire. Life is too short to be unhappy.

Finding silence, time to exercise, loving my friends, and trying to live with no regrets are just a few beliefs that make up who I really am.

QuickTime™ and a
decompressor
are needed to see this picture.

My husband and myself taken by